

Lima the City of the Kings



One of the Older Streets of Lima.

COMPARATIVELY few foreigners see interior regions of Peru today; but a majority of those who voyage up and down the Pacific pay brief visits to Lima, the City of the Kings. It is located in an undulating valley which extends inland from the ocean for 50 miles or more to the foothills of the Andes, although numerous mountain spurs rise here and there about the valley, two of which, San Cristobal and San Jeronimo, dominate the city of Lima. Through this valley the River Rimac winds its way to the sea at Callao, starting from rivulets at least 17,000 feet high amid the eternal snows of the mountains. Nearly four centuries have passed since Pizarro laid the foundation stones of the cathedral on a central plaza known today as Plaza Mayor. Around and in the vicinity of this level area the new capital began to grow. Pizarro's idea, according to historians, was to found a capital more easily accessible than the cities constructed by the Incas and their predecessors, who build far inland and in localities difficult to reach.

The Rimac flows directly through Lima, the larger city development being on the southern side of the stream, writes William A. Reid in the Bulletin of the Pan-American Union. The latter is spanned by several bridges over which passes a constant traffic. Lima, with its 200,000 population today, has been a long time growing to present proportions. In shape the city was originally more or less that of a giant triangle, the hypotenuse of which was formed by the Rimac. Pizarro bestowed the name of City of the Kings upon the place as a token of honor on behalf of his royal benefactors; but gradually the native title seems to have become more and more popular. The name Lima is derived from that of the river, the legendary word Rimac meaning "one who speaks."

Historical Plaza Mayor.
If you go sightseeing in Lima the start should be made from the Plaza Mayor, a section of the city from which every kind of activity radiates today as in the past. This popular meeting ground comprises several acres, and so historical if not hallowed is every foot of space that one is lost in meditation in endeavoring to picture the countless epoch-making scenes that have transpired there. On one side of this plaza stands the massive cathedral with its twin towers, the foundation stones of which Pizarro himself is credited with laying. Near by is the site of the house in which the conqueror breathed his last as the assassin struck the death blow. Within the cathedral tower the mummy of Pizarro lies, a shrouded but well-preserved figure, the sight of which causes silent reverence, whatever may have been the character of the man or the causes he espoused.

Occupying the entire north side of this Plaza Mayor is the historical palace, a massive but typically low structure with various courts, halls, and many rooms, which formerly housed the viceroys and their official families. Today this edifice is used for governmental purposes. With its uniformed sentinels always on duty it bears a military aspect, the daily guard mount being especially interesting to the stranger. The other sides of the Plaza Mayor are occupied today by the city hall and by business edifices, the lower floors of which serve as shops, restaurants, etc., while the upper stories are utilized by clubs or as private apartments.

A short distance away standing on another attractive plaza known as Bolivar, we find the two buildings which house the Peruvian congress. Especially historic is the senate chamber within the ancient Inquisition building.

Purifies Water.

An enterprising company in California has found that water was so distasteful because of sulphur gas can be purified by blowing the gas out of it. The water is forced to escape from the reservoir through inch holes into a long trough. It also falls over two shelves of laths. The process atomizes the water and with the help of a slight breeze entirely removes the sulphur taste.

"Petrus Massacre."

The Petrus massacre is the name given to the dispersal of a meeting of Lancashire cotton operatives in St. Peter's field, Manchester, England, July 16, 1819, called to discuss parliamentary reform. Eleven were killed and more than 500 hurt by the constabulary. Hence the name Petrus was to clericalism, the name of the field in allusion to that of Water.

so many hands in France. America, incorrect emergency, dresses turned in by soldiers.

Famous Torre-Tagle Mansion.

A majority of the older residences of Lima are the typical one-story structures, and usually a court is one of the leading features. Opening on this court are the various living, sleeping, and other apartments; while the court itself is adorned with growing plants, flowers, and often a small tree or two. Birds, parrots, and other pets are also numerous. Barred windows and balconies are always in evidence.

Many Lima homes of the better classes are two-story structures, and in such cases the balcony overhanging the street offers the family a fine point from which to view the life of the street when tired of the courtyard and its seclusion. One of the finest types of this home is the famous Torre-Tagle mansion. Almost a fortress in appearance as one enters the great stone wall leading from the street, but when within the courtyards (there are several), the outer doors closed, a veritable and secluded palace presents itself with enough luxurious surroundings to make even a king envious. It was built in the days of the viceroys and nothing seems to have been forgotten as regards comfort and convenience of these early times, even to the private chapel opening on one of the courts. The carved mahogany balconies overlooking the street are also works of art and patient toil.

Peru's capital is the home of a national museum, one of the world's most interesting institutions of this nature. It shares with that of Cairo in displaying to modern peoples various incidents of life and evolution of by-gone races.

Many Pleasure Resorts.

The resorts and pleasure parks of the capital are numerous, and there are modern electric lines for reaching them from the heart of the city. Chorrillos, Barranco, Miraflores, La Punta, etc., offer those who love the sea fine opportunities for bathing or bathing; and indeed, a large number of people maintain their permanent homes on or near the Bay of Chorrillos, famous for its regattas and other aquatic sports. On the other hand, when the fog and mist of winter overhang the coastal region many citizens of the capital find the sunny climate of Chosica especially appealing; the latter resort lies some 30 miles inland in the Andean foothills and directly on the Arequipa railroad.

In 1870 an exposition was held in Lima, and naturally a number of new buildings were constructed in order to provide for exhibits and throngs of people. The name of Exposition park seems to have become definitely fixed upon this suburb, and today we find that many of the people of wealth and influence have established their homes in that part of Lima. The park itself covers about 30 acres, and is laid out in beautiful walks, artificial lakes, groves, flower gardens, and other attractive features. Within the park is also located one of the finest restaurants in the whole city, and it is here in season that many of the exclusive society folk spend the evenings, surrounded by tropical plants and flowers and charmed by the beautiful strains of the orchestral music.

In front of this park the most beautiful avenue of the capital, known as Paseo Colon, has been constructed. It is nearly a mile long, is 150 feet wide, one end of which terminates at the new circle or Plaza Bolognesi. On either side of this avenue many costly residences have been built, along the middle avenue from end to end extends a border of flowers, and at intervals stand monuments representing the heroes of Peruvian history. A number of arches are studied with electric bulbs, which render the whole avenue especially attractive at night.

Old Houses Affect Dreams.

Here is what an old English journal says about the legend of old houses and old dreams. "There may be no real foundation for the belief that there is any necessary connection between old houses and old dreams, yet it is most certainly true that people either born or having lived the greater part of their lives in them are more peculiarly sensitive than others to the influence of dreams."

In Fond Remembrance.
"His last words were of you."

The prodigal son-in-law tried to feel as solemn as he looked.
"Might I inquire what they were?"
"You might," he said if he could get one good bluff at you he would do better."

Rare Fun.
"Nerissa is musical, but something of flit."

"She's combining the two just now."

"How so?"
"Playing a flit."

DOCTOR FITTED FOR LEADER

Much in Knowledge of Medicine to Equip Man for High Public Service.

There is much in the knowledge of medicine to fit a man for the high calling of lawyer and leader of the people, says Dr. Frederick Peterson, in the Century. He continues:

"To reach the goal of national health, the physician's accumulated knowledge and experience must be brought to bear upon the laws which relate to fit marriages, to housing and the food supply, to education, occupations, recreations, hygiene and sanitation, to contagious diseases, alcoholism, poverty and crime; in short, upon every law which relates directly or indirectly to the health and well-being of the people. His interest reaches into the depths of sociology, biology and philosophy, to the relations between persons and groups, between nations and races. The interests of medicine are fixed only by the boundaries of life itself. When the great states with its great free municipalities at length established, when war and poverty and disease and unemployment, as we know them, have been banished to the vast rubbish heap of man's outgrown ignorance and folly, it may be that the physicians of that nobler time will be expected to frame wise laws not only to insure individual health but to prevent the disease to which the organism of the state, the body politic, has in all earlier social stages been subject."

WOMEN DRIVE MOTOR TRUCKS

Not So Dressed as Some Jobs, but It's Healthful, According to One of Them.

To release skilled mechanics for other work and thus give some help in the war, there are seven girls at one motor factory whose daily tasks consist in driving newly finished cars from the factory to the shipping dock.

And the girls won't trade jobs now for any of the purely feminine pursuits, says the Washington Times. They get greasy and dirty—they have had to throw away cosmetics and powder puffs because they are futile—but still they like the job and they all say they would not trade it for a place at the kitchen sink or on the firing end of a sewing machine.

"It's a much better job than being a department-store detective," Mrs. Lotta Dupuis, who formerly tripped shoplifters and sneak thieves in a downtown store, says. "Of course it isn't so dressy, but it's healthier and I like it better. Also I can make more money for the support of my three kiddies."

Mrs. Wanda Ludeman backs up Mrs. Dupuis. She formerly was a government operative in rounding up violators of the Harrison narcotic law.

"I took the job because I wanted to help the government, and every woman who does one man's work releases a man for the firing line," said Mrs. Ludeman.

The Modern Way.

The conversation in the lobby of a Washington hotel turned to the subject of modern methods when a little story along that line was contributed by Congressman Claude Kitchin of North Carolina.

Some time ago a young man became enamored of a beautiful girl, and after a courtship of some months he mustered sufficient courage to tell her of his great love.

"Tonight," said he as they sat one evening in the alluring gloom of the veranda, "I am going to your father and ask for your hand in marriage."

"That is very fine, Harry," the pretty one replied, "but don't be so old-fashioned."

"Old-fashioned," returned the lover, thoughtfully. "I don't quite understand."

"Don't ask him," was the prompt explanation of the girl. "Tell him."—Philadelphia Telegraph.

Welsh Intermarrying.

A remarkable instance of Welsh family intermarrying is given in a quaint chronicle of local events kept by one Peter Roberts, notary public, of St. Asaph, who died in 1646. He wrote: "Upon Saturday evening, the xxvth day of Novr., 1624, Thomas Mostyn, Esq., and Gwen Parrie, widow, the late wife of the late revd. father in God, Richard Parrie, late Lord Bishop of St. Asaph, deceased, were married; and also William Mostyn, gent. son and heir apparent of the said Thomas Mostyn, and one Anne Parrie, one of the young daughters of the said late Lord Bishop, were likewise married the day and year aforesaid; and Richard Parrie, son and heir of the said late Lord Bishop, and Marie Mostyn, third daughter of the said Thomas Mostyn, were then married."

Lusty Old Age.

What time of life can be compared to the time of lusty old age? Does white hair betoken failing powers? Nay, no more than the snow that crowns the giant old pine betokens any weakness or decay of the tree. The head and the hairs of our coming Redeemer shall be "white like snow." Herein is the mystery of the strength of old age.

As is a lusty tree, so is a lusty old man. He knoweth the secrets of heaven and earth, and he beareth fruit to the last. He dieth not easily, but like a great oak, whose roots go deep into the earth; he is laid low only by a mighty cataclysm of nature.

Dreary World.

"The ancients thought the world was flat."

"Well, no wonder. They had no canyons, no bridge, no cigarettes, no show girls, no moving pictures, no Kaiser Bill! It must have been, in those days."

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STATE SIFTINGS

Plain City home guards organized with 75 members.

Samuel Hays, 57, Columbus Grove, is the father of a new born boy. His wife is 17.

Parvate county farmers report serious damage to the wheat crop by the "wheat midge."

Edward J. Bush, 63, was found dead, hanging to the limb of a tree near his home at Portsmouth.

Clifford W. Cushman of Toledo and Albert Silverton of Cincinnati, miners, were killed in action in France. President Alton Ellis of Ohio university, Athens, will resign to enter the government service as a war worker.

Richard Worst, 12, son of William Worst, Dayton, was seriously hurt at Washington C. H. when his auto was ditched.

B. A. Fenstermaker, 35, of West Hope, was instantly killed when he fell from a freight train near Malinta, Henry county.

Three children of John Badetscher were seriously burned by the explosion of an acetylene light plant at Pandora, Putnam county.

Ted Ivor, 19, toolmaker, was drowned in the Miami river at Dayton when the canoe which he and companion occupied upset.

Married at 14, Mrs. Joseph Arthur, now 17, filed suit for divorce at Marion, claiming her husband was moving from place to place continually.

Mrs. T. H. Maur died at Toledo of heart disease 10 minutes after having left her only son, Robert, 23, who enlisted in the army motor mechanics school.

Grocery of John Ripple, on Massillon road, near Canton, was closed by the Stark county committee. Ripple is charged with violating food regulations.

About \$2,500 in currency was stolen at Upper Sandusky from the Adams Express company. The money, in transit, was taken off for transfer of trains.

Ivon Collier, Republican candidate for county surveyor of Hancock county, withdrew to accept a position with the Ohio Oil company in the development of the Texas oil fields.

A. L. Hitchcock, Socialist member of the Cleveland school board, who was convicted at Toledo for violation of the espionage act, was formally removed from office by the Cleveland board of education.

Findlay was selected as the next place of conference of the West Ohio Woman's Home Missionary society, which closed its sessions at Springfield.

Mrs. W. H. C. Goode, Sidney, was elected president.

General Hale declared that officers misinterpreted his orders in reference to visiting days in Camp Sherman and that civilians would be allowed periods on Wednesday and Saturday as well as Sunday.

Cities with home rule charters were given a jolt when the supreme court held they are without authority to regulate telephone rates and that the state public utilities commission is supreme in determining them.

George H. Wood, adjutant general of Ohio, has been appointed a colonel in the Thirty-seventh division. He will command an Ohio regiment in France. Colonel J. E. Gimpelinger will succeed Wood as adjutant general.

Lieutenant Frank Stewart Patterson of Dayton and Lieutenant Swan of Norwich, Conn., were killed at the Wilbur Wright aviation field between Springfield and Dayton, when their plane fell from an altitude of about 10,000 feet.

When their auto crashed into a telephone pole at Circleville, Mrs. Charles M. Rife was bruised seriously in the chest; her sister, Mrs. Ida McElroy, received injuries at the base of the brain, and Mrs. George B. Ritt and three children were cut and bruised.

New Pittsburgh Coal company and Stratton Brothers, both of Murray City, operators of grocery stores near their coal mines were fined \$30 and \$100, respectively, by Food Administrator Croxson for taking alleged excessive profits on flour and selling flour in excessive quantities.

Supreme court ordered reinstatement of W. L. B. Britain as state food and drug inspector, discharged under the Willis administration. The court held as a civil service employee he was entitled to, but did not receive, a copy of the charges against him and opportunity to defend himself.

Plan to hold a big pre-primary conference has been abandoned by the Republican leaders of Ohio. Instead, it was decided to hold such a gathering in connection with the regular platform convention after the primaries. Aug. 27 was selected as the date. At the convention are to be present members of state and county central, executive and advisory committees numbering upwards of 10,000. The place for the convention has not been selected.

Professor M. B. Hammond, Ohio State university, has been called to Washington to represent the food administration on the war labor policies board.

Skeleton of a man believed to have been a victim of the 1918 flood was found by children buried in the sand on bank of the Hocking river near Athens.

Pickup on a revolver at Springfield police headquarters, James Bobbitt committed suicide by shooting himself through the heart. Bobbitt had been arrested with Ida Doyle on complaint of his wife.

Until the end of the war all the church bells of Canton, Catholic and Protestant, will ring at 6 o'clock each evening, calling people to "Victory" prayer.

Ohio university trustees have conferred honorary degrees upon Joseph McGhee, attorney general of Ohio, and E. O. Randall, clerk of Ohio supreme court.

Ohio fish dealers were warned by State Food Administrator Croxson against salubritizing of fish offered for sale. It is charged sheephead is being offered for sale as white perch and gray bass.

Movement has been started to fill the old canal bed at Dayton.

William S. Lee, 72, retired farmer, Marysville, died suddenly of heart trouble.

Ohio Socialists nominated a state ticket headed by Scot Wilkins of Ada for governor.

Harry S. McClain resigned as deputy county auditor of Jackson county to join the army.

Ohio Bed and Mattress Manufacturers' association held its annual session at Cedar Point.

Northwestern Ohio volunteer firemen, representing 110 towns, met at Napoleon in annual convention.

At Marysville James Liston, night watchman at a stone quarry, fell into a 15-foot pit and was injured fatally.

Dayton street railway employees went on strike when the officials refused union recognition and wage increases.

Robert L. Brainerd of Ashtabula and Charles H. Carey of Salem died of wounds received in action in France.

John Cressay, 50, Marion, farmer, tried to beat a fast express train over a crossing with a team and wagon. He was killed.

W. O. Thompson of Ohio State university at Buffalo was elected president of the International Sunday School association.

Farm labor bureau of the Ohio defense council announces that 955 men and boys are wanted to work on farms in Ohio at once.

Thomas Blair Cox, son of Governor and Mrs. Cox, is dead. The baby was born Sunday morning at the governor's home near Dayton.

George D. Pearsall, 61, of Birmingham, Mich., robbed of \$250 and beaten by a taxicab bandit, is probably dying in a Toledo hospital.

Captain D. M. Hall of Columbus was elected department commander of the G. A. R. of Ohio. Lima was chosen as the 1919 convention city.

Former Governor Willis issued a statement denying the report that he is a candidate for the presidency of Ohio university at Athens.

Edward H. Doty of Tuscaloosa, Ala., claims that, among other things, burglars at Toledo stole two gold teeth, which were taken from his mouth.

Chairman Robert T. Michener of the Belmont county Democratic committee is the nominee for congress on that ticket in the Eighteenth congressional district.

In an attempt to rescue his 10-year-old son from flames which swept the second and third floors of his home at Youngstown, Dennis W. Cronin, 54, was overcome by smoke and burned to death. The child escaped.

Richard Quick, 23, was instantly killed and Miss Belee Griffith, 22, was seriously injured and four girl companions received lesser hurts when the automobile in which they were riding overturned west of Toledo.

J. H. Leonard for the past 17 years superintendent of the Mansfield reformatory, submitted his resignation to the state board of administration to become effective Aug. 1. The reason for resigning is his continued ill health.

Ohio wagon mines are hit a hard blow by a ruling just made by the railroad administration, which insists that open-top cars be sent to the tipple mines and that the wagon mines must get along with box or closed cars.

Mrs. Francis Grossharts, 31, and Earllyn Parrish, 4-year-old daughter of Earl Parrish, were killed, and Mrs. Earl Parrish, the child's mother, fatally hurt, as the result of being struck by a train at a road crossing near Dennison.

Ohio supreme court holds that rates fixed in franchises granted to interstate companies by official representatives of municipalities and townships and county commissioners can not be changed until such franchises expire.

The champion war savings stamp salesman of Harrison county is W. L. Laubach, agent for the Pennsylvania Railroad company at Jewett. Launching to date has sold more than \$14,000 in stamps to residents of his community, which has a population of about 1,500.

Requesting all the people of Ohio to respond to President Wilson's "call to arms" for the civilian population, Governor Cox issued a proclamation, designating the week of June 24 to 28 as Ohio war savings pledge week. Every one is urged to purchase war savings stamps.

A "fast" road inspector on the Erie railway, suffered a fractured skull, and Carl Dilsaver, F. P. Emick and Jesse Bonham, Marion painters, were injured when an automobile driven by Ernest Miller crashed into an electric railway speeder driven by Taylor, south of Marion.

Common Pleas Judge William T. Devor of Ashland county withdrew his declaration of candidacy for judge of the supreme court. He is a Democrat. This leaves Judge Oscar W. Newman, who is in for renomination, and Appellate Judge Phil M. Crow, unopposed for the two nominations the Democrats will make for supreme judge.

Calvary Evangelical church, Marion, will be dedicated June 30 by Bishop Thomas Bowman of Allentown, Pa.

Rev. Linus L. Strock, pastor of the First Presbyterian church at Marion, expects to sail soon for England to engage in Y. M. C. A. work.

Officers killed in action at the French front: Lieutenant Edward Wilson, Youngstown; Bert G. Taylor, Malinta; Jeremiah Wood, Akron; John W. Brooks, Sebring; Niel O'Leary, Cincinnati; Omerio Christy, Cincinnati; James F. Anderson, Akron; John Welsh, Lisbon.

Mount Union college conferred honorary degree of doctor of laws on Major General Edwin F. Glenn and Evan M. Johnson and Justice William R. Day.

One hundred and sixty students were graduated from Ohio Wesleyan university. Seniors who entered military service during the year received their diplomas with full credits.

Executive committee of the Ohio Fair Boys' association has passed resolutions providing for the promotion of the distribution of war savings stamps among the 99 fairs to be held during the summer and fall.

The KITCHEN CABINET

The chief reason that everybody is not successful is the fact that they have not enough persistence. Do one thing well, throwing all your energies into it. The successful man, unlike the poet, is made, not born.—John Wanamaker.

There are nettles everywhere. But smooth, green grasses are more common still. The blue of heaven is larger than the cloud.—E. B. Browning.

FOODS WITH MIXED FLOURS.

As rye flour is now on the "don't use" list, we must not use it as a substitute for flour. In many homes where rye is still found in quantities it should be used sparingly, as it will not be plentiful as long as it is used as food for the armies. In many of our war recipes we find whole wheat flour used as a wheat substitute, which it is not. Whole wheat flour used with barley flour to lessen the use of wheat is justified, but the use of whole wheat flour as a wheat substitute is not conforming to the rules of conservation.

Honey Drop Cakes.—Mix a half cupful of any sweet fat with a cupful of honey; add a half cupful of soda, a teaspoonful of cinnamon, a half teaspoonful of cloves, a half cupful of raisins, and three-fourths of a cupful of barley and wheat flour, one beaten egg, all well mixed and baked in a moderate oven.

Corn Flour Chocolate Cake.—Take two ounces of grated chocolate, one-fourth of a cupful of shortening, one-half a cupful of boiling water poured over the chocolate, a cupful of sugar, one egg, well beaten, a half cupful of corn flour and wheat flour, a half teaspoonful of soda, mixed with one-fourth of a cupful of sour milk.

Rice Bread.—Cook a cupful of rice in boiling water until tender, using five to six cupfuls of boiling water. The age of the rice will make a difference in the time of cooking; rice that is two or three years old taking a longer time to cook. Add two tablespoonfuls of sweet fat, a tablespoonful of salt and a cupful of home-made yeast or a yeast cake softened in three-fourths of a cupful of the rice water; add four cupfuls of flour, kneading it in gradually until it makes a very stiff dough, but the moisture in the rice will soften it so that when it rises it will be quite soft. Handle the dough quickly, shaping it into loaves and when risen bake (in three loaves) for about three-quarters of an hour.

He is happiest who hath power To gather wisdom from every flower. And wake his heart in every hour To pleasant gratitude.—Wordsworth.

Cheese Sandwiches.—Mix grated cheese with cream, season with chopped chives, a dash of paprika and salt to taste; spread on bread cut in rounds, put together in sandwich fashion, then brown in a bit of sweet fat until brown on both sides. Serve hot with a plain lettuce salad.

Cheese Croquettes.—Melt three tablespoonfuls of sweet fat, add a fourth of a cupful of corn flour or barley flour, mix well and when well blended add two-thirds of a cupful of milk; cook slowly, add two well-beaten eggs, yolks and half a cupful of good-flavored cheese grated. As soon as the cheese is melted take from the fire, season with salt and pepper and spread out to cool. Make into balls, dip in egg white and crumbs and fry in fat.

Cream Cheese with Chopped Marischino cherries or with canned or candied cherries is a good combination.

Cheese Salad.—Grate half a pound of cheese and mix it with a boiled salad dressing, or a mayonnaise, enough to make it creamy. Put it through a potato ricer on head lettuce and serve with bits of chopped olives for a garnish. Grated maple sugar, chopped almonds and cream make delicious sandwich filling and quite in season.

Well to suffer is divine; Pass the counterpane, "Endure." Not to him who rashly dares. But to him who toils and wearies. In the victor's garland sure.

LET US REMEMBER.

A woman's hands should have as much care as her face, for they are fully as much in evidence. Do not use a stove-lid lifter or a stick of wood for a hammer; have a tool box in the kitchen where such things may be quickly found. Bruised nails and gouged fingers are painful and often stay with us for months.

There is no economy in using old or worn-out utensils; learn to keep up-to-date equipment in the kitchen. A workman is known by his tools.

Use small wooden spoons for stirring and avoid burns, as they never get hot in the dish over the heat.

Have a soap suds in which gather all pieces of unseasoned soap to use in the dishpan; this will be a saving of both soap and the hands.

Save steps by using a tray or a wire dish drainer in removing dishes from the dining table. One trip saved is worth the mental effort and many times the trips may be divided by ten.

When standing for any purpose, such as ironing, if a stool is not convenient to use, fold a heavy rug to stand upon. The spring under the feet will make a great difference, taking the pressure off the tired feet.

Good sharp knives, a reliable can opener and a good knife sharpener will save the temper which is often ruffled by poor tools.

A bottle of kerosene should be kept near the sink, which may be rubbed after each washing with a cloth dampened in the oil; this will take off soil and clean the sink much quicker than any powder or soap will do.

A roll of soft absorbent paper is invaluable in the kitchen. It may be used to wipe up spots on table or floor, or to remove waste from dishes, thus saving in the dishwashing.

When food burns on, in a dish, do not scrape it, but put a teaspoon of soda and enough cold water to cover the bottom and let it simmer for an hour or two; then if there are any obstinate spots, rub with a piece of pumice stone, which will not leave bad scratches to roughen the surface.

Dressing for Dinner.

The custom of dressing for dinner was handed down to us from the Romans, who put on a loose robe of light texture, and generally white, before going to the most important meal of the day. Instances occur where it was kept in readiness for guests who came from a distance and had no opportunity of dressing before arrival.